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( ) ( ) (VO2max  
(1RM  
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.P≤ / )  
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Email : h\_arazi2003@Yahoo.com

- 2 - Concurrent Exercises
- 3 - Leukocyte

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- 1- Cytokines
  - 2- Leukocytes Adhesion
  - 3- Field et al
  - 4- Nielsen et al

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|                          | ( )                        | .( )                     |
| ( )                      | ) <b>VO<sub>2</sub>max</b> | .( )                     |
| ( )                      | .( )                       | ( )                      |
| ( )                      | .( )                       | <b>VO<sub>2</sub>max</b> |
| ( )                      | .( )                       | <b>VO<sub>2</sub>max</b> |
| ( )                      | .( )                       | .( )                     |
| ( )                      | .( )                       | .( )                     |
| <b>VO<sub>2</sub>max</b> | ( )                        | /                        |
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| ( )                      | <b>VO<sub>2</sub>max</b>   | ( )                      |
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- 1- Ronsen et al
  - 2- Nieman et al
  - 3- Gleeson
  - 4- Ansley et al
  - 5- Simonson
  - 6- Tzai and Gleson

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- 1- Innate Imunity
  - 2- Kendall et al
  - 3- Shek et al
  - 4- Gabriel et al
  - 5- Pedersen and Steensberg
  - 6- Scharhag et al
  - 7- Shinaki et al
  - 8- Iversen et al
  - 9- Nemet et al



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| (1RM)(Kg) |       |       |       |       |       | VO <sub>2</sub> max<br>(ml/kg/min) | (Kg/M <sup>2</sup> ) | (%)   | (Kg)  | (Cm)  | (Yr) |   |
|-----------|-------|-------|-------|-------|-------|------------------------------------|----------------------|-------|-------|-------|------|---|
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| ***       | **        | *         |       |              |  |
| ۵۴/۰۷ ± / | ۵۲/۳۸ ± / | ۵۳/۰۲ ± / |       |              |  |
| ***       | **        |           |       | *            |  |
| ۵۴/۴۹ ± / | ۵۳/۱۷ ± / |           |       | ۵۳/۱۳ ± ۰/۶۸ |  |

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(VO<sub>2</sub>max)

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VO<sub>2</sub>max r = / VO<sub>2</sub>max

VO<sub>2</sub>max ( - / (HR))

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- 1- Fax
  - 2- Lat Pull-Down



(VO<sub>2</sub>max

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(VO<sub>2</sub>max

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**K<sub>3</sub>EDTA**

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**(Sysmex K-1000) Cell Counter**

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**(PV)**

: b a ,

: RCV , : BV ,

$$BV_a = BV_b \times (HB_b / HB_a)$$

$$BV_b = \text{ mI}$$

$$RCV_a = BV_a \times HCT_a$$

$$RCV_b = HCT_b$$

$$PV_a = BV_a - RCV$$

$$PV_b = [1 - (HCT_b / 100) \times 100]$$

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1- Dill and Castil

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1- Bonferroni Post-hoc Test

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| P |   |   |           |
|---|---|---|-----------|
| / | / | / | (x), /μL) |
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| / | / | / |           |
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| / | / | / |           |
| / | / | / | (x), /μL) |
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| / | / | / |           |
| / | / | / | (x), /μL) |
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| P |   |   |  |  |                           |
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| / | / | / |  |  | ( × 10 <sup>6</sup> /μ L) |
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| P | F |   |   |  |                           |
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| / | / | / | / |  | ( × 10 <sup>6</sup> /μ L) |
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| / | / | / | / |  | ( × 10 <sup>6</sup> /μ L) |
| / | / | / | / |  |                           |
| / | / | / | / |  | ( × 10 <sup>6</sup> /μ L) |
| / | / | / | / |  |                           |
| / | / | / | / |  | ( × 10 <sup>6</sup> /μ L) |
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| / | / | / | / |  | ( × 10 <sup>6</sup> /μ L) |
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P ≤ / \*

| P |   |   |  |  |             |
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| / | / | / |  |  | ( × ) • /μL |
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| / | / | / |  |  |             |
| / | / | / |  |  | ( × ) • /μL |
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1- Upper Respiratory Tract Infection



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1- Stress Hormones

2- Acute Phase Proteins

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